

MISS PECK FETED IN SOUTH AMERICA

Famous Mountain Climber Lectures in Many Latin Cities.

FINDS WOMEN GRACIOUS Country Without Prejudice Against Feminine Participation in Industrial Activity.

Miss Annie Smith Peck, famous as a mountain climber, though she considers climbing merely her avocation, her chief interests being industry and commerce, has recently returned from a lecture tour of South America, where she spoke to chambers of commerce, and addressed various professional organizations that did not think the less of her opinions because they came from a woman.

South America, perhaps, because her appearance was almost a phenomenon, treated her with none of the curious indifference that is often the world's attitude toward the woman who breaks into a man's field. According to Miss Peck every woman who attains a place in a field formerly occupied by men alone goes through experiences that prove to her that all women are handicapped in following what the world considers their mad careers merely because they are women.

Now, Miss Peck has never let any of the world's misgivings or the confines of skirts deter her. Miss Peck, without the assistance of press agents or traveling companions, went down to South America and told the people there a great many of the things they wanted to know. She was, perhaps, more peculiarly fitted to carry out this mission than the ordinary male commercial expert, because she is well acquainted with South American life and conditions.

Five Trips To South America.

"I have made five expeditions to South America," she explains, "the first in 1895, and then again in 1904, for sake of mountain climbing, and I succeeded in 1904 in reaching a height of 20,500 feet on Mount Sorata, and finally in 1908, on my sixth attempt on that mountain, reached the summit of Huascarán. In recognition of this achievement the government of Peru presented me with a gold medal, and I addressed the Lima Geographical Society on the ascent, being the first woman ever to speak before that society. In 1906 and again in 1911 I made other expeditions to South America in search of more mountains to climb." It was after this last trip to Peru and Brazil that Miss Peck extended her journey through Chile, Argentina, Uruguay and Brazil, and it was during this trip, particularly in Chile, that she gathered the material and impressions for her book on her South American tour.

"The time that I spent traveling in South America was the work that I had necessarily to do to get the material for my book brought me into close touch with all sides of South American life. I speak Spanish, and when necessary I can read Portuguese, so that unlike a great many of the Americans who go down to South America, I was not hampered by an inability to speak the language of the people nor was I consequently shut off from any real understanding of their needs.

Great Interest Shown.

Everywhere that I went men of all kinds, professional, officials and educators, expressed to me their interest in the fact that a woman was carrying on the lecture tour, and they all said that they hoped for the time when more South American women should train themselves and enter into active professional careers.

"The opportunities that South American citizens and group organizations extended to me to lecture before them were the surest proofs of their open mindedness on the woman question and also of their curiosity about everything American.

The South American co-operation that we Americans are so constantly talking about, and trying to achieve, will never come until we bring to the people the information that they sometimes feel toward us. Pure commercial exploitation will not be of much assistance, unless the representatives from this country help to bring together the life and culture of the two peoples.

Greater Tact Essential.

"Too many Americans go down there, and attempt to set straight the universe on their first trip, without even a familiarity with the language; as a result, they do more harm than good.

"The South American women are educated and act according to the continental standards of what things are a woman's sphere. They are very gracious and well informed and have a strong interest in the fantastic and unheard of activities with which the women of the United States busy themselves. The economically independent woman is, of course, a rarity, because as yet there is no great need for the woman to leave her home and enter the industrial and professional field. Most people marry young, but there does not seem to be any prejudice against woman doing anything she wishes to."

A FEW RECIPES

Easy Suggestions for the Housewife.

Finnan Haddie.

- 2-inch cube salt fat pork.
- 2 tablespoonfuls flour.
- 1 cupful rich milk.
- 1 cupful cooked flaked finnan haddock.

2 eggs.

- 1 1/2 cupful potato balls or cubes.
- Salt and pepper.

Cut salt pork in tiny dice and try out. To two tablespoonfuls of pork fat add two tablespoonfuls of flour and stir until well blended; then pour on gradually, while stirring constantly, the cupful rich milk. Bring to boiling point, add finnan haddock, pork, eggs, potato balls or cubes, which have been cooked in boiling

salted water until soft. Season with salt and pepper and serve as soon as thoroughly heated.

Choice Spice Cake.

- 1 lb. butter.
- 3/4 lb. good dry flour.
- 1 lb. brown sugar.
- 1 oz. allspice.
- 1 lb. picked, washed, and dried currants.

Rub the butter into the flour, add the other ingredients, and mix these all together with four well-beaten eggs and one spoonful of yeast; when a smooth dough, roll it out and cut it into any shape liked. Bake them upon floured tins, and when done screen with powdered sugar.

Pumpkin Pie.

- 1 qt. milk.
- 1 qt. pumpkin.
- 4 eggs.
- 2 cupfuls sugar.
- 2 teaspoonfuls ground nutmeg.
- 2 teaspoonfuls ground ginger.
- 1/2 teaspoonful salt.

Boil and mash the pumpkin. Beat the eggs together. Light. Mix together, stirring the eggs into the pumpkin and milk last. Bake slowly. This quantity makes three pies.

POPULAR MEDICINE BY DR. HIRSHBERG

Intelligent Observation of Rules of Hygiene Will Decrease Illness.

By DR. LEONARD K. HIRSHBERG.

Sugar is a heart tonic and muscle builder. When it is eaten, it is dispatched by the stomach into the reservoirs of the lining fabric. In the form of sweets in foods, sugar finds its way from the stomach as fermented or simplified sugar. This, in turn, is called glucose or dextrose, which flows into the "duodenum" or upper loop of the intestine. This form of soluble sugar comes in contact with a few drops of fluid from the pancreas, the cucumber-shaped, flattened-out organ in back of the stomach, and is called the pancreatic juice. In this there may be several enzymes—ferments—which change complex starches and sugars into the plain glucose.

This dissolved and "invisible" sweet is carried by the blood, lymph and chyle canals by way of the liver veins into the liver, where a goodly portion of it is stored and the rest of it is carried by a great vein, called the vena cava, into the right side of the heart, thence to the lungs to be purified and cleansed with vital oxygen and finally distributed via the left side of the heart, its great artery, the aorta, and the other arteries into all the muscles of the human frame.

Sugar is supposed to give zest to the taste. Diabetes is claimed by erring multitudes to be a result of the excessive eating of sweets. True, you might eat enough sweets to tire the appearance of them in the kidney, but the condition would be only temporary and could not by any means be called diabetes.

Gauging the Various Elements.

Diabetes is a definite affliction which occurs when the pancreas is affected, injured, deformed or is otherwise changed from its normal state. When certain destructive alterations of the brain take place, when the adrenal glands, which surround the kidneys, undergo changes of one sort or another, and when the liver and muscles are no longer able to contain their sugar, diabetes may be evidenced. In other words, there comes about the discovery of sugar in the blood stream and whirlpools of the kidneys.

One of the most up-to-date treatments for diabetes which has won the endorsement of a great many prominent physicians is the treatment known as the "starvation cure."

In carrying out this treatment the physician must think in grams of carbohydrates and protein. It is not enough simply to cut down the supply of starchy foods, but he must know approximately how much carbohydrate and protein his patient is getting each day.

In the Massachusetts General Hospital, where the treatment has been adopted for general use, the patients are kept on ordinary diet for the first forty-eight hours after entering the hospital, so that the severity of their cases may be determined. They are then put to bed and given no food whatever, except whisky in coffee until they are sugar free.

Rations for a Day.

Under this method the system is very rapidly rid of sugar, all evidence of it disappearing in two or three days in most cases. In a very few cases, however, eight or nine days are required, but this does not seem to injure the patient. When the patient is sugar free he is allowed to eat small quantities of vegetables. When this meager diet is commenced the vegetables must be boiled in three changes of water to rid them of as much of the sugar and starch as possible.

A glass of beer, a slice of toast after the original starvation shows that there is little danger of overeating. Breakfast consists of four tablespoonfuls of string beans and four tablespoonfuls of asparagus, with tea or coffee; dinner of two tablespoonfuls of carrots and three of spinach, with tea or coffee. To make up for the short rations earlier in the day the patient is allowed twelve slices of cucumber and six pieces of celery at supper, with tea or coffee. The diet is gradually increased to include cabbage and onions, and in the third stage to include bacon and other foods.

One of the new features of this treatment is that the patient is never allowed to return to what is generally considered a normal diet. Previous to the development of this new treatment it was generally considered by physicians that patients recovering from diabetes should take on flesh to help build up resistance against "wasting disease." But now, it is claimed, a patient should remain under weight always, even after recovery from the disease, to prevent a recurrence of the symptoms.

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EDUCATION COST DECLINES.

LAWRENCE, Kan., Jan. 8.—At least one thing—education—is cheaper than a year ago, according to University of Kansas figures which show that the cost of educating a student in the college of liberal arts and sciences here is \$6 less than in 1915.

CLUB ACTIVITIES FOR NEAR FUTURE

Coming Events in Club World Include a Varied List of Plans.

The annual meeting of the Women's Evening Clinic will be held at Raucher's, Connecticut avenue and L street northwest, this evening at 8 o'clock. Following the election of officers, etc., reading of annual reports, and a brief "heart-to-heart talk" by the superintendent, Dr. Elmore C. Falkner, a moving picture story, "The Woman Doctor in the Making," will be shown. This remarkable film, which was prepared for the Pan-American exposition, and which has been shown in a number of large cities, is loaned by the Woman's Medical College of Pennsylvania. The public is invited to the lecture.

Woman's Peace Party.

The Washington branch of the Woman's Peace Party will hold its regular meeting at the Willard Hotel this afternoon at 4 o'clock. The principal speaker will be Mrs. Jessie Hardy MacKay.

Woman's Single Tax Club.

The Woman's Single Tax Club will hold its January meeting at 8 o'clock this evening at the home of Mrs. Jennie L. Munroe, 150 A street northeast, where plans for propaganda work for the coming year will be considered.

Woman's Club of Woodmont.

The Woman's Club of Woodmont will meet this evening at the home of Mrs. Smoot.

Y. W. C. A.

A lecture on "The Land and the People of South America" will be given at the Y. W. C. A. headquarters, Fourteenth and G streets northwest, this evening at 8 o'clock, by Dr. Thornton B. Penfield. Dr. Penfield knows South America at first hand, having served as international secretary of the Y. M. C. A. for fifteen years, and was a promoter of the religious congress held in Panama last February.

This will be the first of a series of three lectures on South America to be given by Dr. Penfield. A charge of 25 cents will be made for single lectures, or 50 cents for the three.

New Hampshire Association.

The New Hampshire Association will give a dinner at the Dewey this evening at 8:30 o'clock. The entire State delegation is expected to be present, and other prominent men have been invited.

Ladies' Auxiliary of the Eagles.

The Ladies' Auxiliary of the Eagles will hold their regular business meeting at 8 o'clock at Eagles' Hall, Sixth and E streets northwest.

Anthony League.

The members and friends of the Anthony League met at the home of the president, Mrs. Anna E. Hendley, of Tuesday afternoon. Miss Myrtle Stinson gave the lesson on suffrage, and all took part in the round table discussion. Madam Oberwinden, of Berlin, Germany, the guest of Mrs. Johan Kondrup, delighted everybody with her wonderful piano playing. Mrs. Hendley read several selections dealing upon the suffrage question in a humorous way.

The league held its regular monthly meeting at the new home of the National Suffrage Association, 1626 Rhode Island avenue, last Thursday evening. Mrs. Carrie Chapman Catt, president of the N. W. S. A., and Representative John I. Nolan of California, were the speakers. Gertrude Lyons, lyric soprano, accompanied by Mrs. Brook Smith, furnished charming music.

The class in parliamentary law will be resumed at the Wilson Normal School on Monday evening at 7:30 o'clock. The suffrage lessons will continue on Tuesday afternoon at 3:15 o'clock, at 2007 Columbia road.

Columbia Heights Art Club.

The Columbia Heights Art Club met Thursday for the monthly business meeting with Mrs. James Voemann, the president, Mrs. Sarah Wolhaupter, presiding. The reports of officers and committees were heard and accepted. Mrs. Charles P. Granfield was elected to membership. Mrs. S. Russell Bowen was appointed recording secretary to fill Mrs. James McKee's resignation. The secretaryship owing to ill health. Parliamentary drill was conducted by Mrs. A. Rogers Tracy.

After adjournment refreshments were served by the hostesses. Those present were Mrs. Sarah Wolhaupter, Mrs. J. Edgar Briggs, Mrs. John D. Croissant, Mrs. Ellis Larkin, Mrs. A. Rogers Tracy, Mrs. Amy J. Leeds, Mrs. W. C. Hamilton, Mrs. Fred D. Teisler, Mrs. Anton Heilmuller, Mrs. Euphemia Baker, Miss Cornelia Hill, Mrs. Edith Wiley Wheeler, Mrs. William Grayson Foote, Mrs. S. Russell Bowen, and Mrs. James D. Voemann.

Cultus Club.

The Cultus Club met last Tuesday at the home of Mrs. W. I. Dyer, Falkstone courts. Following the luncheon, the fourteen members present responded to roll call with current events. The early history of South America was discussed with Mrs. Paris Bregle, the president, and Mrs. Appleton P. Clark as leaders. Mrs. Conrad H. Syme gave a paper on "The Wonderland of Paris," Mrs. Bregle gave a selected reading, and Mrs. W. M. Stewart read a paper on "The Argentine Country."

Riverdale Current Topics Club.

The Riverdale Current Topics Club met last Wednesday at the home of Mrs. Frank Jones. The meeting was a purely business one and plans were made for the entertainment of the executive board of the county clubs which are to meet in Riverdale on January 17 in order to arrange for joining the State Federation. Mrs. committee on speakers, made an excellent report, and the committee in charge of the social program were

WILL U. S. WOMEN ADOPT OVERALLS?

Everyone Wonders Whether America Is to Follow European Style.

When feminine Europe knitted, America knitted. When feminine Europe red-crossed, all feminine America began to red-cross wildly, both with aim and without.

But now that feminine Europe is overruling, the great question is, Will feminine America overall? The United States is thrilling with the vibration of thousands of minds concentrated on this idea. Ever since last summer there have been rumors that overalls were coming from across the sea, but not until a New York manufacturing concern actually began to turn them out the other day has the thing become an issue.

Eager To See New Garments.

Manufacturers, buyers, dealers, and purchasers are thinking and waiting for the first sight of the American-made-for-American-women bifurcated garments.

Confidentially, as the overall is interpreted for these purposes, it really isn't very bad. Save yourself worry, gentlemen. Don't imagine your mothers, or your great aunts, or your wives, in blue denim overalls in P street shopping. Cast not your minds into this melancholy train of thought and put aside the deadly needle until you hear just what the new things are going to look like.

The feminine overall de luxe as the new munition workers, shop workers, and mechanics of Europe have interpreted them are not those stupid, unromantic, bourgeois blue denim things.

European manufacturers know that they couldn't any more catch a woman with a blue denim overall than they could catch a submarine with a piece of red flannel. So they began making all sorts of beautiful, sensible overalls in chambray, dimity, cotton, percale, khaki, and so on, in patterns of every conceivable size, shape, and noise.

And now an American manufacturer is turning them out by the thousands.

The question is, Will our women wear them?

All Will If Others Do.

Out of twelve women anonymously interviewed on this subject, twelve said:

"Yes, I'll wear them if the rest do."

A staid matron of most impeccably Government-official social standing said unhesitatingly:

"For years, when I have been cleaning (now be sure and don't give my name) I have had to pin the back of my skirts up between my knees to keep from my dress. If the other women would wear overalls I'm sure I would be overjoyed to use them in my line of work—housework."

A chambermaid in one of the big hotels opined that she would save a great deal of time by having a new winter suit, if she wore colored overalls to work in, instead of voluminous white skirts, which required laundering.

Have Worn Worse Costumes.

"What nonsense! To even question it," said a prominent society woman. "We wore bustles and hoop skirts and basques and harem skirts. Why expect us to decline the plebeian overall?" But she wouldn't let her name appear.

That was the trouble with the whole search for overall backers. Everyone from the chambermaid to the buyer of our largest department store, was terribly enthusiastic, but nobody wanted to start anything.

Perhaps if somebody would only sneak a windupful of the things down here to Washington some fine young day, the women might be persuaded to indulge in the latest continental pastime, and overall.

POULTRY AS SIDELINE.

STATE COLLEGE, Pa., Jan. 8.—To get the most profit out of poultry raising run the business as a sideline advises H. C. Knandel, State College expert on the result of a survey made of the knanery in twenty-four counties. He says that flocks of 200-500 hens are the most profitable, yielding more money than flocks of 1,000 to 4,000.

Dear Chaperon—I am a girl, twenty years old, and have a friend who is fifteen years younger. I have known this friend since I was a little girl, and he always thought a lot of me, and always said he would wait for me to grow up. He left her shortly after and was away for eight years, returning last spring, paying a visit here for the first time to his sister, who is a great friend of mine. We were delighted to meet again, and talked of old days. He said he was still waiting for me.

This friend was always a hero to me in childhood days, and when I saw him for the first time in eight years I knew he was my hero still. I knew I loved him with all my heart, and when he bade me good-by he kissed me and said he was coming for me some day and we both promised to write.

I received about eight letters from him and answered them all, but I sent two months ago. I don't understand why he don't write. I know he does not like writing letters, but still I don't think he would stop for that. In his letters he spoke of himself as old, but he knows I don't mind his age. I know I like him better than any boy friend of my own age. I would write him again but I would not like him to think I was running after him.

There is no engagement between us, and he does not know I like him so well, so I don't know what to do. If you will advise me, I would be grateful for your kindness.

ACHING HEART.

It is a sad and perplexing problem that you have to face, isn't it? But it seems to me that you should face it just as you have faced all the other problems you have had in your life. As long as there is no forlorn engagement between you, of course you have no reason for feeling as you do. However, as you have set your heart so firmly upon one who may, after all, be only a dream of childhood, why don't you decide your problem by writing once more to him and letting everything rest upon that?

If he does not answer you then, my dear, doesn't it seem to you that you should try to think any more of him but to turn your thoughts nearer to where your happiness may lie?

PLANS TO RESTORE NORTHERN FRANCE

Outline of French Cabinet's Post-War Projects Reaches Capital.

Plans for the reconstruction of northern France after the war, worked out by a French cabinet committee and outlined in official reports received here, embrace a carefully prepared program for restoration of normal conditions immediately after peace is declared.

Provisions are included for the return of refugees to the enemy occupied districts as expeditiously as possible, prefects of the departments already having reported the number to be repatriated and a system having been worked out for the return first of those whose presence is an immediate necessity. A central labor bureau has been established in Paris to estimate the labor demand and supply.

Health services in the north will be reorganized under the plan to direct measures of security from damaged buildings and unexploded shells, and the advisability of building of portable houses to send to northern provinces is being investigated.

Steps also are being taken looking to the virtualizing of the departments of the Nord, Pas-de-Calais, Somme, Aisne, Ardennes, and Meuse after the war by government allowances. Cattle now kept in the camp at Paris will be supplied to the northern farmers, and prefects in the invaded districts have been provided with funds to purchase agricultural machinery.

Resumption of industrial activities will be under direction of the minister of commerce, who will form a private organization to handle funds advanced by the government and distribute merchandise. Exports will be closely regulated.

IRWIN SUGGESTS PLAN

The Writer Says Soldiers of Fortune Could Aid in Preparations.

Will Irwin, the writer, believes the United States should corral the thousands of Americans now in the various European armies, serving as soldiers, when the war is ended, bring them home, and have them teach this country some of the things which the great conflict has impressed upon their minds.

There are more than 30,000 Americans engaged in the European war, Irwin told the members of the National Press Club yesterday. These, he said, are doing more toward preparing for the United States in later years, than the whole nation here, is doing toward that end.

Valuable to United States.

"Americans engaged in the war," he continued, "are learning things every day that will be valuable to the United States."

He pleaded for the inauguration of some method whereby these 30,000 soldiers can be used in upbuilding our own forces at the conclusion of the war.

"The Italian-Austrian front is the most picturesque in Europe," Irwin declared. He told of his travels in the Alps, and described a house in which he placed his hand against the stone partition one foot thick that divided the Austrian and Italian armies.

This front, he said, is the only one upon which a visitor sees anything thrilling in his travels. More than 250,000 Italians from the United States are fighting there.

Peril in U-boat Campaign.

If Germany's coming U-boat campaign is successful, he said it will be next to impossible to keep this country out of the war.

Mr. Irwin said the British will come more into prominence from this time on in the fighting, because England has had to recruit, drill, and season her armies, so that they are now in shape for their work.

An audience of 500 members of the club heard the address, and later fired at the speaker many queries as to various phases of the situation.

SCORES IDLE YOUTHS.

NEW YORK, Jan. 8.—Magistrate McAdoo told his Bible class he'd like to be the army sergeant to handle a regiment of New York's "slab-sided, round-shouldered, shag-eyed" idle youths.

The public cordially invited to visit our factories and see for themselves how "Swift's Premium" Oleomargarine is made.

In addition to inspection by Government officials and the public, our own experts give close attention to every detail and work constantly for improvement in our product and processes of manufacture.

"Swift's Premium" Oleomargarine is good on bread and excellent for cooking and baking. Swift's Premium Oleomargarine is made and packed without being touched by hand.

is made by churning together also oil, neutral, vegetable oil, milk, cream and salt. Oleo oil is pressed from choice beef fat. Neutral is made from leaf fat.

Both of these are taken from Government inspected livestock.

The vegetable oil used is selected for its purity and flavor. The milk and cream are purchased in the choicest dairy sections, are delivered to us fresh and sweet and pasteurized before use.

The process of manufacture is carried on under the constant supervision of Government inspectors.

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